

# Build A Healthy Lifestyle

"Food & Fitness: Build a Healthy Lifestyle" is the theme for this year's National Nutrition Month® from the American Dietetic Association ([www.eatright.org](http://www.eatright.org)).

Building a healthy lifestyle really means putting a lot of small "blocks" together to create one strong "structure" for good health. Your blocks are based on adopting a healthy diet, exercising and avoiding habits like smoking and consuming too much alcohol. Getting enough sleep and drinking plenty of water also help make your structure strong.

Fill in the blocks below using the ABCs. They are based on the The Dietary Guidelines for Americans 2000.

- **Aim for fitness** - some ways to increase your exercise:
  - take aerobics classes at a local gym or community college.
  - form a walking club with your coworkers or neighbors
  - be more active around your house and yard
  - walk to the store a few times per week

- join a local running club and train for a 5k fun run

- **Build a healthy base.** The base of the Food Guide Pyramid is built from grains, fruits and vegetables. Plan your meals using mostly whole grains, fruits and vegetables for optimum health. Name your favorite dishes in the block below. See if you can increase the number of dishes you make using these ingredients.

- **Choose sensibly.** Try to reduce the amount of saturated fat, cholesterol, sodium and sugar you consume. For example, are you eating too many meals and snacks away from home? Can you plan ahead and take them with you or keep the right ingredients on hand to prepare more meals at home?

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**Aim for Fitness** - Set some goals for yourself:

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**Build a Healthy Base** -

What are your favorite grain dishes? \_\_\_\_\_

vegetable dishes? \_\_\_\_\_

and fruit dishes? \_\_\_\_\_

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**Choose Sensibly** - Can you think of some foods you may be eating too much of? What can you put in their place?

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